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Release!**

## Provide food services

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**M**ealtimes should be a special event, not only is it a social event for some people but also a time where they can enjoy one of the few quality moments, especially if they enjoy food. Being uncomfortable during your meal is something which most of us would not put up with, so we need to be always alert to this in the people we are supporting.

As a support worker you are working in an industry which supplies foods and/or beverages for human consumption therefore you have both an ethical and legal obligation to ensure that your actions do not in any way endanger the health of others.



**Footwear and clothing should be appropriate for the food handling task and must meet the requirements of the food safety program.**

The response to food safety incidents has been to adopt effective risk management systems. The one for the food industry is well known and used world-wide.

### ~ HACCP ~

- ◆ Hazard
- ◆ Analysis
- ◆ Critical
- ◆ Control
- ◆ Point

### Protective clothing is not there to prevent the food handler from becoming dirty.

Clean protective clothing must always be available and should be appropriate for the work being carried out. It should also completely cover ordinary clothing. Protective clothing should not be removed during food handling as their primary objective is to protect the food from being contaminated with dust, pet hairs etc. from everyday clothing.

### Do you know the correct way to position your client to eat their meal?

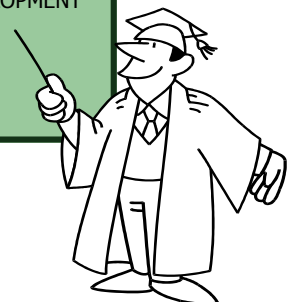
#### Clothing designed to prevent contamination by the body include:

- ◆ hair nets
- ◆ beard snoods
- ◆ gloves
- ◆ clean aprons
- ◆ clean uniforms
- ◆ enclosed footwear.



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When preparing meal trays there are various **aids and adaptive equipment** which can make people comfortable including:

- ◆ two handled cups for extra grip
- ◆ cups with a space cut out for the nose
- ◆ angled cups for easier handling/grasp
- ◆ T-shaped handles for alternate gripping
- ◆ weighted cups
- ◆ contoured lips to assist with swallowing
- ◆ heat retaining cups which provide insulation
- ◆ built up handles for easy grip
- ◆ strapping with velcro to secure cutlery
- ◆ contoured handles to enhance grasp on objects
- ◆ angled cutlery
- ◆ rocker knives for one-handed or two handed use.

### Possible sources of contamination

- ◆ physical
- ◆ chemical
- ◆ biological.

**Storage, handling, processing and cleaning procedures associated with foods/beverages must minimise the risk of contamination that could present a health risk to consumers.**

**If you are a worker who has multiple roles, such as assisting clients with their personal care as well as meal preparation will need to be extra vigilant. As the risk of the safety of people through food contamination greatly increases.**

## Test your knowledge!

Name the five (5) food groups.  
(Here's a hint!)



*Answer: 1. Bread and Cereal Group 2. Fruit and Vegetable Group 3. Meat and Meat Alternatives 4. Milk Group 5. Butter and Margarine*

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Support workers may be exposed to many different sources of infection.

### How can you protect yourself from infection?

By following the infection control guidelines in your workplace, by using personal protective equipment like gloves and masks, and by following standards that is, handling all blood and bodily fluids as though they are infectious.

### Infections and diseases spread in several ways:

- ◆ person to person
- ◆ person to object to person
- ◆ person to carrier to person.

### Need to find out more?

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